

Welcome to the first week of your Fall 2014 Farm Share season!



Beekeeper Shelley Rice

A special treat this week is honeycomb from local beekeeper, Shelley Rice. Shelley manages and maintains several beehives around the city of Houston and has taught beekeeping at various educational institutions to a wide range of age groups. She also supplies many of Houston's top restaurants with fresh local honey and assists Houstonian's with the maintenance of their home garden beehives. Rice says, "All things bees interest me, be it in the art world, scientific research, or medicinal purposes. I love to share my kaleidoscope of experiences that I have gleaned in my five years working as a beekeeper."

Just How Important Are Honeybees to the Human Diet?

Typically, according to the U.S. Department of Agriculture, these under-appreciated workers pollinate 80 percent of our flowering crops which constitute 1/3 of everything we eat. Losing them could affect not only dietary staples such as apples, broccoli, strawberries, nuts, asparagus, blueberries and cucumbers, but may threaten our beef and dairy industries if alfalfa is not available for feed.

Read more: <http://www.mnn.com/local-reports/pennsylvania/local-blog/the-importance-of-honeybees#ixzz3E4vxd9G6>

Honey Could Cure Your Infections

Check out this article on the curative nature of honey.

http://modernfarmer.com/2014/09/honey-drugs-cure-infections/?omhide=true&utm_source=Modern+Farmer+Newsletter&utm_campaign=cc114392b4-Weekly_11_1511_15_2013&utm_medium=email&utm_term=0_e8a89c7e43-cc114392b4-66683125&mc_cid=cc114392b4&mc_eid=837fb976a3

Honeycomb

Comb honey is the purest kind of honey, still sealed in the wax by the bees themselves, totally raw and never touched by human hands.

Cut a bite-sized piece of honeycomb from the block. Pop it in your mouth and chew it like chewing gum. This will release all of the honey. You can eat the wax if you like, or remove it once the honey is gone.

Also, try it on warm toast or biscuits.

Read more :

http://www.ehow.com/how_5618626_eat-honeycomb.html



Honeycomb is most at home as the center of attention on your fruit and cheese platter!

Honey should not be given to children under 1 year old.

Your shares are being fulfilled by 8 different farmers, so each pick-up location will not have the same exact vegetables each week. Some of you may get eggplant this week and others may get next week, for example. This is a list of the most bountiful vegetables this week: Malabar spinach, okra, eggplant, arugula, butternut squash, edamame, green onion, long beans, mesclun, mustard greens, sweet potatoes.

Green Thai Curry

2 Tbsp. sesame oil
½ large onion, chopped
4 cloves garlic, chopped
1-2 large bell peppers, chopped
1 large eggplant (optional), cubed
1 lb. okra, coarsely chopped
1 14 oz. can coconut milk, regular or light
2-3 Tbsp. Thai green curry paste
1 Tbsp. fish sauce
2 Tbsp. soy sauce
1 lb. shrimp or chicken
½ bunch long beans, chopped
1 handful Fresh basil, torn
Greens (spinach, Malabar spinach, arugula, sweet potato greens, etc.)

In a large wok, heat sesame oil over medium-low heat. Add chopped onion and sauté until translucent, about 5 minutes. Add chopped garlic and peppers and sauté for another 3 minutes. Add cubed eggplant and cook for 10 minutes or until tender. Add the chopped okra and cover the wok for a few minutes to let okra steam. Add the can of coconut milk, curry paste, fish sauce, and soy sauce and stir well to combine. Wait until heated through and add the shrimp, long beans, basil, and any greens. Cook for about 5 minutes or until shrimp are cooked and greens are wilted. Serve hot over rice.

*If using chicken, add the chicken before the eggplant and sauté for 5 minutes before adding the eggplant.

*Try this recipe using the different Farm Share vegetables.

*Begin with 1 Tbsp. green curry paste and then add to taste.

Eggplant Chips

1 eggplant, sliced
1/2 cup panko crumbs
1/8 cup grated Romano cheese
1 clove garlic, chopped
2 sprigs fresh parsley and basil,
chopped
1/2 teaspoon dried oregano salt and
pepper to taste
2 tablespoons olive oil

Preheat oven to 400 degrees F. If the eggplant slices are large, cut them in half again and lay them on a baking sheet. In a small bowl combine crumbs, Romano cheese, garlic, parsley, basil, oregano, salt and pepper. Sprinkle over eggplant and drizzle with oil. Bake in preheated oven for 25 minutes, or until crispy.

Spicy Chickpea and Sweet Potato and Okra Stew

For the spice paste

6 cloves garlic
1 teaspoon coarse salt
2 teaspoons sweet paprika
1 1/2 teaspoons cumin seed
1 teaspoon cracked black pepper
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1 tablespoon olive oil

For the stew and couscous

1 1/2 pounds sweet potatoes, peeled and cut into cubes
2 cups no-salt-added vegetable broth (may substitute water)
14.5 ounces canned no-salt-added diced fire-roasted
tomatoes, such as Muir Glen brand, with their juices
15 ounces canned no-salt-added chickpeas, drained and
rinsed
10 ounces frozen/defrosted okra, sliced (may substitute 1 1/2
cups sliced fresh okra)
1 cup dried whole-wheat couscous
Hot pepper sauce, for garnish
Cilantro leaves, for garnish

For the spice paste: Combine the garlic and salt in a mini food processor or spice grinder to form a coarse puree. Add the cumin seed, black pepper, ground ginger, allspice and oil. Blend for at least 15 seconds to form a paste. Transfer to a small bowl.

For the stew and couscous: Combine the sweet potatoes, broth, tomatoes and their juices, chickpeas, okra and all the spice paste in a large saucepan. Bring to a boil over high heat then stir and reduce the heat to medium-low. Cover and cook for 15 minutes, then uncover and cook for 10 minutes, stirring as needed, so the vegetables are tender.

While the stew is cooking, prepare the couscous according to the package directions.

Divide the cooked couscous among individual wide, shallow bowls. Spoon the stew over the top. Garnish with dashes of hot sauce and the cilantro leaves, if desired. Serve hot.

<http://www.washingtonpost.com/pb/recipes/spicy-chickpea-and-sweet-potato-stew/13240/>

Check out our [Newsletter Archive](#) for additional recipes.